**WHAT IS CLAIMED IS:**

1.   A ring having a circumferential axis; a triangular cross section transverse to the circumferential axis; the cross section having three sides and three vertexes; the cross section rotating 120° about the circumferential axis, through a distance of one complete circumference of the ring;

wherein

a single continuous, endless surface forms all three sides of the triangular cross section, and a single continuous, endless ridge forms each of the three vertexes where the sides of the triangular cross section meet.

2.   The ring of claim 1, wherein the ring rotates about the circumferential axis multiples of 120° that are not 360° or multiples of 360°, through a distance of one complete circumference of the ring.

3.   The ring of claim 1 or claim 2, wherein at least one of the sides is other than flat.

4.   The ring of claim 1 or claim 2, wherein the portion of the ridge on the interior surface of the ring forms a spiral thread.

5.   The ring of claim 1 or claim 2, wherein the rotation of the triangular cross section is uniform throughout the travel about the circumference of the ring.

6. The ring of claim 1 or claim 2, wherein the rotation of the triangular cross section is non-uniform throughout the travel about the circumference of the ring.

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